



THE CITY OF SAN DIEGO

PARK AND RECREATION DEPARTMENT

THERAPEUTIC RECREATION SERVICES

"We enrich lives through quality parks and programs"

Autumn

OCTOBER / NOVEMBER / DECEMBER
2005



(619) 525-8247
(TDD) (619) 525-8249
(FAX) (619) 299-9304

e-mail: prdsp@san Diego.gov

Visit our Website at:

www.sandiego.gov/park-and-recreation/activities/dsa.shtml



The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists work with participants on social and recreational skill development, appropriate behavior, increased independence, leisure education, and recreation participation in inclusive environments.

STAFF

Kathy Aceves, M.S., RTC, CTRS
Program Manager

Marla Knox, RTC, CTRS
Supervising Recreation Specialist

Ken Rundle, MBA, CTRS
Supervising Recreation Specialist

Jessica Battaglia, CTRS
Supervising Recreation Specialist

Inclusion Coordinator

Rose Caldwell, CTRS
Recreation Specialist/
Volunteer Coordinator

Connie Hegey
Recreation Specialist/People in
Recovery Programs

Scott Krause
Recreation Specialist/
Adaptive Sports Programs

Julie Gregg
Recreation Specialist/Children
and Teen Programs

Marie Wiggins
Recreation Specialist/Adult Programs

Karl Kramer
Clerical Assistant II

Recreation Leaders

Mary Barker	Larry Keough
Tammy Brooks	Margaret Lennon
Kim Brown	Eric Neitzel
Shannon Bullock	Bernadette Parin
Everett Despirito	Cheryl Pawlak
Danielle Hernandez	Kimy Potter
Mary Alice Hillier	Leslie Robinson
Mark Hullslander	Ken Trigueiro
Demetria Johnson-King	

DSAC CORNER

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested persons. Meetings are held on the 2nd Wednesday evening of each month, at 6:00 p.m. in Room 1 at the War Memorial Building. Please call Kathy Aceves at (619) 525-8247 for more information.

FINANCIAL SUPPORTERS

Disabled Services Advisory Council wishes to thank the many sponsors who contribute thousands of dollars in donations and in-kind services annually. Contributions go directly to TRS for camperships, scholarships, equipment, supplies, bus transportation for field trips, volunteer recognition, inclusion support, and many other needs. Our contributors are too numerous to mention, but special thanks goes to Torrey Pines Kiwanis Foundation, MADCAPS, San Diego Foundation Hervey Family Trust, Kids Included Together (KIT), Century Club Children's Charities, Building Industry Children's Charities, Sycuan Casino, Viejas Casino, Challenged Athletes Foundation, Mentor, CalDiego PVA, San Diego Firefighters Local 145, La Mesa Firefighters, Thursday Club Foundation, Blaze Sports, and San Diego Gulls for their substantial contributions this past year. DSAC is a 501 (c)(3) non-profit organization, so all donations are tax deductible as allowed by law. Keep us in mind for those last minute donations before tax time!

GOVERNOR APPOINTEE

Congratulations to DSAC member, Robbin Kulek, on her recent appointment to the Developmental Disabilities Area XIII Board. Robbin was appointed by the Governor to represent the San Diego-Imperial County areas on this state board. Unfortunately, this appointment requires her to resign from any other boards or assignments serving people with developmental disabilities, so we have lost her as a DSAC member. But she promises to be a great advocate for us and we are proud of this accomplishment. Thanks for your service to DSAC this past year, and best wishes in your new post! DSAC currently has 2 openings on the Board so please contact our office if you are interested.

HIGHLIGHTS

FUNDRAISERS

Did you know that the City budget funds staff and administrative costs only? TRS relies on outside donations and fundraising activities to purchase equipment and recreation supplies, charter buses, hire contractors, and cover other associated program expenses. We have several fundraising events occurring over the next few months, and your support is needed as follows:

Entertainment Books 2006 are available for sale in our office. For only \$40, enjoy significant savings on dining, hotels, entertainment, rental cars, and much more. They also make great holiday gifts.

Gulls Hockey: back by popular demand! Last year's event netted us over \$4,000 and was loads of fun. Mark your calendars for February 18, 2006. See page 12 for more details.

Grocery Store Rebate: This is the easiest fundraiser ever! Do your regular grocery shopping at Albertsons, Ralphs or Food 4 Less and a portion of your total purchases is refunded to our program. All we need is your name, address, phone number and card number. See page 13 for more information and sign-up sheet.

La Mesa Oktoberfest. If you're planning to attend this wonderful community event, be sure to park your car in La Mesa Lumber's parking lot, where all parking donations go directly to our Hammer wheelchair sports program. Be sure to stop by our booth and pick up some drawing tickets for the fabulous custom playhouse, designed and built by the La Mesa Firefighters. All proceeds also benefit the wheelchair sports program and camp.

Silver Strand Half Marathon: our Hammer athletes will be handcycling this event on Sunday, November 13th, to raise money for upcoming tournaments, uniforms, and travel expenses. Athletes are looking for sponsors to pledge donations for their participation. Call our office if you can help. Thanks for your continued support of all our programs and events!

FALL INTERNS

Welcome to our newest interns, Glenda Backman, from SDSU, and Carleen Caruso, from Radford University in Virginia. Both are Therapeutic Recreation majors and will be with us full time through mid-December.

DISNEYLAND TICKETS

Disneyland's Community Involvement Program offers guests with disabilities 1-day/1-park tickets at a cost of \$23 each, with complimentary parking included. Tickets are valid any Sunday through Thursday, February 12-March 9, 2006, (**excludes** Sunday, February 19 and Monday, February 20). If you would like to reserve tickets for either Disneyland or California Adventure, **money must be in our office by January 10th, 2006!** Once we receive the tickets from Disneyland, **you must come in person to the office to pick up your tickets.** We do not mail tickets. Please make checks payable to DSAC. Mail to the address listed on the front of this calendar.

NOTE: *We are also planning a bus trip to Disneyland on Tuesday, February 28, 2006. See the "ALL Page (page 4) for details*

NEW STAFF

A big welcome to Mark Hulslander, Margaret Lennon, and Tammy Brooks, the newest members of the TRS team. Mark, Margaret, and Tammy joined us just in time for our busy summer, and boy, did they work hard. We're thrilled to have them here and they look forward to working all the programs and meeting everyone.

BUDDY WALK 2005

Therapeutic Recreation Services is proud to be a sponsor of the Down Syndrome Association Buddy Walk, on Saturday, October 8th, 8:30 a.m.- 1:30 p.m. at the Organ Pavilion in Balboa Park. Registration and continental breakfast begins at 8:30 a.m, opening ceremonies are at 9:30 a.m. and the 1-mile walk through scenic Balboa Park begins at 10 a.m. Post walk activities include live music, children's activities, community resource fair, and lunch. For more information, call (619) 276-4494 or log on to www.buddywalksandiego.org.

WEDDING BELLS

Congratulations to Recreation Specialist Scott Kraus and his new bride, Hilary, who tied the knot on September 17th. We wish them happiness and prosperity as they begin their new life together. Congratulations also to Mike and Heather Becker, who married last June. Mike and Heather met through our Independent Club several years ago, and continue to be active participants. Marital bliss abounds at TRS!

SCHEDULE OF EVENTS

YOU MUST CALL THERAPEUTIC RECREATION SERVICES OFFICE TO REGISTER FOR ALL PROGRAMS (TELEPHONE 619-525-8247, TDD 619-525-8249)

In the event of last minute cancellations (less than 48 hours notice) you will be required to pay the program fee, if program costs are not met. Also, be sure participants are picked up on time. A late fee of \$5.00/15 minutes will be assessed after the first 15 minutes. In cases where advanced tickets are purchased for programs, no refunds will be given regardless of date of cancellation.

ALL

ALL: All ages and all individuals; any disability
ALL TEENS/ADULTS: Ages 13 and over, with any disability.

BOWLING LEAGUE

The Fall Strike Force bowling league is starting. Come join us at Kearny Mesa Bowl, 7585 Clairemont Mesa Blvd. Sign up as a team or we can place individual bowlers on a team. This is an independent bowling league. Leader: Scott Krause
Cost: \$70.00 w/t-shirt, \$60.00 w/o shirt
Saturday, 9/10, 9/24, 10/15, 10/29, 11/5, 12/10, 1/7
**dates and location are subject to change.

TANDEM BIKE RIDE

We meet one Saturday a month at various sites. Tandem bikes, helmets, and water are provided. Meet at the site at 10:30 a.m. or at the War Memorial Building by 10:00 a.m. to carpool (van space is limited, sign up early). **Bring a lunch and let us know where you'll meet us, when you sign up.** Leader: Connie Hegey Cost: \$1.00
Saturday, October 1 (Lake Murray),
November 12 (Santee Lakes),
December 17 (Embarcadero) 10:00 a.m.-1:30 p.m.

TEEN/ADULT HALLOWEEN DANCE (DAY)

Join us at the Balboa Park Club (2150 Pan American Way) for our annual afternoon Halloween gathering. Cost covers lunch, DJ and prizes. **Sign up by Monday, October 24th. Direct supervision is not provided.**
Leader: Marie Wiggins Cost: \$3.00
Thursday, October 27 11:00 a.m.-2:00 p.m.

GULLS FUNDRAISER

See page 12

JANUARY SKI TRIP

See Page 14

TEEN/ADULT HALLOWEEN EVENING DANCE

Join us at the War Memorial Building. Come in a costume for the contest. Cost covers DJ, prizes and snacks. Sign up by Tuesday, October 25. **Direct supervision is not provided.** Pictures are \$2.00.
Leader: Marie Wiggins Cost: \$3.00
Saturday, October 29 7:00-10:00 p.m.

HOLIDAY CARNIVAL

Enjoy a wonderful day at the War Memorial Building. **See flyer on page 10 for details.**

HOLIDAY FAIR

Come to the War Memorial Building for an afternoon of fair games, bingo and lunch. **Direct supervision will not be provided, so please plan accordingly. Sign up by Monday, December 5th.**
Leader: Marie Wiggins Cost: \$3.00 per person
Thursday, December 8 11:00 a.m. - 2:00 p.m.

TEDDY BEAR HOLIDAY DANCE

Ring in the holiday season at the War Memorial building. DJ, hors d'oeuvres and prizes. Co-sponsored with People First. Bring a new, unwrapped Teddy Bear for Children's Hospital for admission **Sign up by, December 14th. Direct supervision is not provided.**
Leader: Cheryl Pawlak Cost: One Teddy Bear
Saturday, December 17 7:00 - 10:00 p.m.

DISNEYLAND

Children under 18 years of age must be accompanied by an adult. If you need special assistance, please bring an aide. Pack a sack dinner (nonperishable) to eat on the bus on the way home. Bring money to purchase lunch and souvenirs. RSVP as soon as possible. **Money must be in by January 10, 2006.** Be at the War Memorial Building by 7:30 a.m. SHARP!. This activity will happen rain or shine.
Leader: Marie Wiggins Cost: \$25.00 (includes bus)
Tuesday, February 28, 2006 7:30 a.m.-7:30 p.m.

YOUTH INCLUSION ACTIVITIES

KID ZONE

This program is designed to instill play and recreation skills, foster socialization, and increase social skills. Activities are designed to meet the cognitive, physical, social, emotional, creative and ethical developmental needs of children ages 3 to 12. Leader: Julie Gregg

PLAYDAY

Trick-or-treat! Come
Halloween party.
The cost covers



dressed in your costume for a fun and spooky
Drop-off and pick-up at the War Memorial Building.
snack, craft and game supplies. Bring a sack lunch.

Sunday, October 30

12:00-3:00 p.m.

ZOO



Spend your day off school with us at the San Diego Zoo. Bring a sack lunch or money for lunch. **Drop-off in front of the War Memorial Building. (Pick-up at the Zoo).** Please let us know if you have a zoo pass when you call to register.

Cost: \$7.00 w/out pass, \$3.00 w/pass

Friday, November 11

11:45-3:00 p.m.

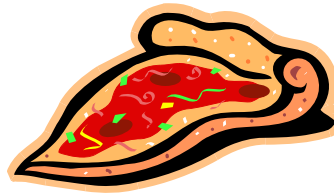
CHUCK-E-

Come play games, eat pizza, win prizes and
and tokens. Meet at 3146 Sports Arena Blvd.,

Cost: \$15.00

Sunday, November 20

12:00-2:30 p.m.



CHEESE

have fun. Price includes lunch
next to In-and-Out Burger.

*Please Note:

First-time participants must be accompanied by an adult for your first Tot/Fun Activity.

BREAKFAST WITH SANTA

Enjoy a yummy pancake breakfast and meet Santa! Breakfast will only be served until 10:00 a.m. Parents must attend. Meet at Allied Gardens Recreation Center 5155 Greenbrier Ave. Thanks to Allied Gardens Kiwanis!

Cost: Free

Saturday, December 10

9:00-11:00 a.m.

WINTER CAMP

Spend your holiday vacation with your friends at camp. Activities will include swimming, community outings. More information about location and schedule of activities will be available after registration.

Cost: \$107.50 S.D. residents / non-residents \$115.00

M-Th, December 19-22.

10:00 a.m.- 3:00 p.m.

**Congratulations
to the Del Moral family!
Their entry, KID ZONE,
was chosen to be the new name
for the children's program!!!**

INCLUSION, WE CAN ALL PLAY TOGETHER!

The City of San Diego Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Jessica Battaglia, CTRS, Inclusion Coordinator, (619) 525-8248 as soon as you know the dates. (We need a minimum of three weeks prior notice). After registration, an assessment will be given to determine participant's needs.

Again, we would like to thank KIT (Kids Included Together) for their fourth year of financial and training support. Thank you to the Thursday Club for your generous donation.

TEEN & YOUNG ADULT CLUB ACTIVITIES

KICK BACK CLUB (KBC)*

This Program is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs for teens ages (13 to 19) and young adults (ages 20 to 30).

HAUNTED TRAIL

Put on your costume! It's time again to go down the Haunted Trail of Balboa Park.

Those who do not wish to go down the trail may still attend. Meet in front of The Museum of Art in Balboa Park (between the Museum of Man and The Prado Restaurant). Dinner will be provided.



Cost: \$5.00

Sunday, October 16

6:00-8:30 p.m.

HALLOWEEN DANCE



Enter through the haunted halls of the War Memorial Building, and join us for a howling night of fun. Come in a costume for the contest. Cost covers DJ, prizes and snacks.. Pictures are \$2.00. **Direct**

supervision will not be provided.

Leader: Marie Wiggins

Cost: \$3.00

Saturday, October 29

7:00-10:00 p.m.

KBC MEETING

Come hang-out with your friends at the K.B.C. We will play games, have dinner, listen to music and "kick back". Meet at the War Memorial Building.

Cost: \$5.00

Friday, November 4

6:00-8:30 p.m.

*Please Note:

First-time teen participants must be accompanied by an adult.

DAVE AND BUSTERS

Win tickets and prizes while playing exciting games and hanging out with your friends. Cost includes dinner. Bring extra money for games (suggested \$20.00)



Cost: \$15.00

Friday, November 18

6:00-9:00 p.m.

SHOPPING

Let's get into the holiday. Bring your shopping list so you can purchase and wrap gifts for your friends and family. If you do not wish to purchase gifts, come hang out with your friends. Meet and pick-up in front of Walden Books upstairs next to AMC Theaters at the Fashion Valley Mall. Hot chocolate, dessert, and gift wrap will be provided

Cost: \$5.00 + money for gifts and dinner.

Friday, December 9

6:00-9:00 p.m.

TEDDY BEAR HOLIDAY DANCE

Ring in the holiday season at the War Memorial building. DJ, hors d'oeuvres and prizes. Co-sponsored with People First. Bring a new, unwrapped Teddy Bear for Children's Hospital for admission **Sign up by, December 14th.**

Direct supervision is not provided.

Leader: Cheryl Pawlak

Cost: One Teddy Bear

Saturday, December 17

7:00-10:00 p.m.




TEEN / INDEPENDENT UNIVERSAL STUDIOS TRIP



Come be a part of Hollywood! We will tour Universal Studios, ride the tram and maybe even see a few movie stars. Family and friends are welcome. Cost includes transportation, entrance to the park and snacks. Drop off and pick up at the War Memorial Building. **Payment due by Tuesday, December 20.**

Cost: \$25.00

Tuesday, December 27

8:00 a.m. to 8:00 p.m.

<div>October</div>			Wed	Thu	Fri	Sat
Key: AS /Action Seekers CC /Contract Class CMR /Carmel Mtn. Rec Center DSAC /Disabled Services Advisory Council HAM /Hammer Program IND /Independent Club KBC /Kick Back Club	KZ /Kid Zone KMB /Kearny Mesa Bowl LS /Leisure Seekers NCPS /North Crown Point Shores PH /Sports PIR /People in Recovery WMB /War Memorial Building			LA MESA OCTOBERFEST FUNDRAISER (benefits our Hammer Program) Friday, October 7 11 a.m. - Midnight Saturday, October 8 11 a.m.-11 p.m.		1 PH Handcycling 8-11 a.m., Centennial Park ALL Tandem 10 a.m.-1:30 p.m., Lake Murray HAM JV 11:30 a.m.-1:30 p.m., Muni; HAM V/A vs. Rancho 1:30-4:30 p.m., Muni.
2 KBC/KZ/PH Fishing Trip 11:30 a.m.-5 p.m., Seaforth	3	4 U.S. Open W/C Tennis 8 a.m.-5 p.m., Barnes Center CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	5 U.S. Open W/C Tennis 8 a.m.-5 p.m., Barnes Center PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni	6 U.S. Open W/C Tennis 8 a.m.-5 p.m., Barnes Center LS Social & Dinner 3:30-5:30 p.m., WMB	7 U.S. Open W/C Tennis 8 a.m.-5 p.m., Barnes Center LS Luncheon 11 a.m.-2 p.m., WMB Art Class 3-4:30 p.m., Rm. 3 IND Club Meeting 6:30-9 p.m., WMB	8 U.S. Open W/C Tennis 8 a.m.-5 p.m., Barnes Center
9 U.S. Open W/C Tennis 8 a.m.-5 p.m., Barnes Center	10 	11 CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	12 PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni DSAC Meeting 6 p.m., WMB	13 	14 Art Class 3-4:30 p.m., Rm. 3 AS Rec Night 6-8:30 p.m., CMR	15 PH Handcycling 8-11 a.m., Mission Bay Park HAM JV 11:30 a.m.-1:30 p.m., Muni ALL Bowling 12:30-2:30 p.m., KMB HAM V vs. Rancho , 1:30-4:30 p.m., Muni
16 HAM DIII vs. CRS, Pasadena OMBAC World Championship Tournament. 9 a.m.-3 p.m., National City IND Seaport Village. 11:30 a.m.-2:30 p.m., Seaport Village KBC Haunted Trail 6-8:30 p.m., Balboa Park		18 CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	19 PIR Art Class 2-4 p.m., Rm. 2 LS Fun & Fitness - Bocce Ball 3:30-5 p.m., WMB HAM JV 6-8 p.m., Muni	20 	21 Art Class 3-4:30 p.m., Rm. 3 AS Rec Night 6-8:30 p.m., NCR	22 AAASP Indoor W/C Soccer Jr. Nationals 9 a.m.-5 p.m., Muni
23	24	25 CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	26 PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni	27 ALL/LS Halloween Dance 11 a.m.-2 p.m., Balboa Park Club	28 Art Class 3-4:30 p.m., Rm. 3 PIR Halloween Dance 7-11:30 p.m., WMB	29 PH Handcycling 8-11 a.m., De Anza Cove HAM JV 11:30 a.m.-1:30 p.m., Muni HAM DIII Conf. Tournament, Muni ALL Bowling 12:30-2:30 p.m., KMB ALL/TN Halloween Dance 7-10 p.m., WMB
30 T/F Playday 12-3 p.m., WMB HAM CAF Spin-a-Thon	31 HALLOWEEN 		<div>2005</div>			

<div>November</div>			Wed	Thu	Fri	Sat
		1	2	3	4	5
		CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni	LS Social & Dinner 3:30-5:30 p.m., WMB	Art Class 3-4:30 p.m., Rm. 3 KBC Meeting 6-8:30 p.m., WMB IND Club Meeting 6:30-9 p.m., WMB	HAM V/DIII vs Rancho, Cerritos PH Handcycling 8-11 a.m., Silver Strand ALL Bowling 12:30-2:30 p.m., KMB
6	7	8	9	10	11	12
		CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni DSAC Meeting 6 p.m., WMB		Veteran's Day (Office Closed) KZ Zoo Trip 11:45 a.m.-3 p.m., San Diego Zoo AS Rec Night 6-8:30 p.m., CMR	PH Handcycling 8-11 a.m., Crown Point ALL Tandem 10 a.m.-1:30 p.m., Santee Lakes ALL Bowling 12:30-2:30 p.m., KMB
13	14	15	16	17	18	19
HAM Silver Strand Half-Marathon Fundraiser PIR Softball Tournament 9 a.m.-4 pm., Morley Field		CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	LS Fun & Fitness - Disk Golf 10 a.m.-1 p.m., Morley Field PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni		Best of the West Quad Rugby 8 a.m.-5 p.m. Muni Art Class 3-4:30 p.m., Rm. 3 KBC Dave & Busters, 6-9 p.m., Mission Valley AS Rec Night 6-8:30 p.m., NCR	Best of the West Quad Rugby 8 a.m.-5 p.m. Muni HAM V Conf. Tournament Paso Robles HAM DIII Conf. Tournament Tucson, AZ
20	21	22	23	24	25	26
Best of the West Quad Rugby 8 a.m.-5 p.m. Muni HAM V Conf. Tournament Paso Robles HAM DIII Conf. Tournament Tucson, AZ HAM JV 11:30 a.m.-1:30 p.m., Muni KZ Chuck-E-Cheese 12-2:30 p.m., Sports Arena		CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	PIR Art Class 2-4 p.m., Rm. 2	THANKSGIVING DAY (Office Closed)	Art Class 3-4:30 p.m., Rm. 3	IND Gulls Game 6:30-9:30 p.m., S.D. Sports Arena
27	28	29	30			
		CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni			

2005

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Holiday Carnival Kick off the holiday season with a day of games, rides, refreshments and fun at the War Memorial Building! 11:00 a.m. - 3:00 p.m.				1 LS Social & Dinner 3:30-5:30 p.m., WMB	2 Art Class 3-4:30 p.m., Rm. 3	3 HOLIDAY CARNIVAL 11 a.m.-3 p.m. WMB HAM V/DIII VS. Rancho, Cerritor
4 HAM: JV , 11:30 a.m.-1:30 p.m., Muni V/YA , 1:30 - 3:30 p.m., Muni		6 CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	7 PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni	8 ALL Holiday Fair 11 a.m.-2 p.m., WMB	9 Art Class 3-4:30 p.m., Rm. 3 TN Shopping 6-9 p.m., Fashion Valley Mall AS Rec Night 6-8:30 p.m., CMR PIR Winter Dance 7-11:30 p.m., WMB	10 HAM Western Reg. BB Tourn. U of Arizona PH Handcycling 8-11 a.m., NCPS KZ Breakfast with Santa 9-11 a.m., Allied Gardens HAM JV 11:30 a.m.-1:30 p.m., Muni ALL Bowling 12:30-2:30 p.m., KMB
11 HAM Western Reg. BB Tourn. U of Arizona		13 CC Dance Team 4:45-6:15 p.m., CMR HAM A/V 6-8 p.m., Muni	14 LS Fun & Fitness - Volleyball 10 a.m.-1 p.m., Balboa Park Activity Center PIR Art Class 2-4 p.m., Rm. 2 HAM JV 6-8 p.m., Muni DSAC Meeting 6 p.m., WMB	15 LS Holiday Gift Making 11 a.m.-1 p.m., WMB LS Planning Mtg. 3:30-5 p.m., WMB	16 Art Class 3-4:30 p.m., Rm. 3 AS Rec Night 6-8:30 p.m., NCR	17 ALL Tandem 10 a.m.-1:30 p.m. Embarcadero Teddy Bear Holiday Dance 7-10 p.m., WMB
18	19 KZ Winter Camp 10 a.m.-3 p.m., Location TBA	20 KZ Winter Camp 10 a.m.-3 p.m., Location TBA CC Dance Team 4:45-6:15 p.m., CMR	21 KZ Winter Camp 10 a.m.-3 p.m., Location TBA PIR Art Class 2-4 p.m., Rm. 2	22 KZ Winter Camp 10 a.m.-3 p.m., Location TBA	23 Art Class 3-4:30 p.m., Rm. 3	24
25	26	27 KBC/IND Universal Studios 8 a.m.-8 p.m., WMB	28 PIR Art Class 2-4 p.m., Rm. 2	29	30 Art Class 3-4:30 p.m., Rm. 3	31
			Coming in February! DISNEYLAND Tuesday, February 28, 2006 See page 4 for details			

2005



Park and Recreation Department. Therapeutic Recreation Services

THE CITY OF SAN DIEGO

23rd Annual Holiday Carnival & Craft Fair

Saturday, December 3, 2005

War Memorial Building, Balboa Park

11:00 a.m. – 3:30 p.m.

Admission is free

(Santa pictures, food and some game booths have a minimal charge)

Booth and food tickets are \$0.25 each or \$1.00 for a book of 5.

There will be some free booths and entertainment to enjoy as well.

For more information please call, (619) 525-8247, TDD (619) 525-8249.

Bring the family to enjoy cheer, fun and excitement. Challenge your skills and luck with over 30 activity booths, along with a great selection of prizes. For the fifth year we will be having a variety of craft vendors that will have merchandise for sale. Enjoy the wonderful on-going entertainment, climbing wall, delicious food, and llama and rides. Of course, SANTA will arrive and be available for pictures.

SORRY, Therapeutic Recreation Services cannot provide direct supervision of individual participants. Please plan accordingly.



"We enrich lives through quality programs and programs"
This information is available in alternative formats upon request.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240

ADULT ACTIVITIES

(Ages 18 and over)

ACTION SEEKERS (AS)

This is a program designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers. This program supports empowering individuals, who have a developmental disability, ages 18 and older, by promoting independence.

RECREATION NIGHTS

Join us at the following Recreation Centers for a Friday evening of fun, games, crafts, and dinner. Cost is \$5.00 and covers dinner and most activities. You must call and sign up at least three days before each event.

Carmel Mtn. Rec. Ctr. 10152 Rancho Carmel Dr.
Fridays, 10/14, 11/11,* 12/9 6:00-8:30 p.m.

N. Clairemont Rec. Ctr. 4421 Bannock St.
Friday, 10/21, 11/18,* 12/16 6:00 - 8:30 p.m.

***Holiday shopping location TBA**

Don't forget to sign up for dances and other programs. See "All" page (page 4).

CONTRACTUAL CLASSES



DANCE TEAM

Meet Tuesday evenings from 4:45 to 6:15 p.m. at Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive. Instructor: Susie D'Agostino. For more information, call (619) 466-4081. **Fee payable at the first class of each month.** No refunds for missed

classes.

Cost:

Residents: \$25.00/mo.
+\$2.50/class (unless fee waived)

Non-residents: \$25.00/month + \$5.00/class

INDEPENDENT CLUB (IND)

The Club's focus is to promote independence. Members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" at all times. Members are required to attend club meetings on a regular basis in order to attend outings. New members must sign up and attend a club meeting before attending an outing. The Club is for individuals, ages 21 and over, with developmental or learning disabilities or brain injuries. Minimal staffing is provided at club functions. Leader: Cheryl Pawlak, CTRS

CLUB MEETINGS

New members are welcome, but **please set up an interview appointment by calling (619) 525-8247, prior to the Club meeting.** Cost includes dinner and activity expenses. **Register by the Thursday before the meeting.** Club meetings are held at the War Memorial Building Cost: \$6.00
Fridays: October 7, November 4 6:30 - 9:00 p.m.

SEAPORT VILLAGE

Join us for a fun-filled day at Seaport Village. We will meet at the Carousel in Seaport Village, cruise along the bay, shop at the specialty stores, and have lunch. RSVP to 619-525-8247 by Friday, October 14. Bring money for lunch and shopping.

Sunday, October 16 11:30 a.m.-2:30 p.m.

SAN DIEGO GULLS HOCKEY

Cheer on our San Diego Gulls as they take on the Stockton Thunder for Mullet night. Meet at Hollywood Video, 3505 Sports Arena Blvd., (across from I Pay One Arena). Cost covers admission to the game and mullet t-shirt. Bring extra money for dinner and snacks. **Must sign up before November 22nd.**

Cost: \$9.00

Saturday, November 26 6:30-9:230 p.m.

TEEN / INDEPENDENT UNIVERSAL STUDIOS TRIP

Come be a part of Hollywood! We will tour Universal Studios, ride the tram and maybe even see a few movie stars. Family and friends are welcome. Cost includes transportation, entrance to the park and snacks. Drop off and pick up at the War Memorial building. **Payment due by Tuesday, December 20.**

Cost:\$25.00

Tuesday, December 27 8:00 a.m. to 8:00 p.m.

ADULT ACTIVITIES

LEISURE SEEKERS (LS)

The Leisure Seekers group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals with mental illness or behavioral health disorders. Individuals, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

SOCIAL AND DINNER

War Memorial Building Cost: \$2.00
Thursday, 10/6, 11/3, 12/1 3:30-5:30 p.m.

FUN AND FITNESS CHALLENGE

BOCCE BALL

War Memorial Building Cost: \$2.00
Wednesday, October 19 10:00 a.m.-1:00 p.m.

DISK GOLF

Morley Field Cost: \$2.00
Wednesday, November 16 10:00 a.m.-1:00 p.m.

VOLLEYBALL

Balboa Park Activity Center Cost: \$1.00
Wednesday, December 14 10:00 a.m.-1:00 p.m.

HALLOWEEN DANCE

Balboa Park Club Cost: \$3.00
Thursday, October 27 11:00 a.m.-2:00 p.m.



HOLIDAY FAIR

War Memorial Building Cost: \$3.00
Thursday, December 8 11:00 a.m.-2:00 p.m.

PLANNING MEETING

War Memorial Building Cost: FREE
Thursday, December 15 3:30-5:00 p.m.

HOLIDAY GIFT MAKING

War Memorial Building Cost: \$5.00 - \$8.00
Thursday, December 15 11:00 a.m.-1:00 p.m.

Call (619) 525-8247 to receive the *Leisure Seekers Newsletter*

SELF EXPRESSION THROUGH ART WORKSHOP

Express images hidden within, using paints, colored pencils, markers or other without judgment or criticism. Just enjoy! Instructor: Joan McCann



Cost: \$1.00
Fridays, October 7, 14, 21, 28, November 4, 18, 25,
December 2, 9, 16, 23, 30 3:00-4:30 p.m.

2006 GULLS FUNDRAISER

DSAC will again be teaming up with the San Diego Gulls hockey club to kick off their 2006 fundraising efforts on **Saturday, February 18, 2006** as your San Diego Gulls take on the Victoria Salmon Kings from British Columbia, Canada for Canadian Night at the I Pay One Center (formerly the Sports Arena). DSAC and TRS staff members will be selling tickets for \$22 for floor level seating and \$12 for upper terrace seating. DSAC will receive 50% of the tickets sold. In addition we will be hosting the chuck-a-puck event that evening and DSAC will receive 50% of the proceeds. **Tickets are now available and can be purchased at Therapeutic Recreation Services (619)525-8247 TDD (619) 525-8249.** Please tell a friend, and bring the whole family to one of the most enjoyable events of the year!

ADULT ACTIVITIES

PEOPLE IN RECOVERY (PIR)

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals recovering from drug and alcohol addictions. Leader: Connie Hegey.

ART CLASS

People in recovery, mental health challenges, dual diagnosis: Discover yourself and your hidden talents through the use of art. Instructor: Jo Ann Baum. Class meets on Wednesdays, 2 to 4 p.m., October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14, 21, 28. Cost: Free

HAUNTED HALLOWEEN DANCE

Dress up to win cash prizes for best costume. Speakers meeting at 7:00 p.m., dance to follow. Refreshments will be available for sale. This program is co-sponsored by CRASH Golden Hill House. See you at the War Memorial Building (north end of the Zoo parking lot).

Cost: \$3.00/advance, \$5.00 at door

Friday, October 28

7:00 p.m.-11:30 p.m.

The Easiest Fundraiser Ever!

Support Therapeutic Recreation Services just by grocery shopping! Every time you swipe your Ralphs or Albertsons Club cards, a percentage of your total purchases goes to Disabled Services Advisory Council, Inc. Food 4 Less shoppers can participate too. We will send you a card to use every time you shop at Food 4 Less.

Complete the information below and enter your grocery loyalty card number. We will register them with the stores and a percentage of your total purchases will directly benefit Therapeutic Recreation Services! Sign up yourself, your family members, neighbors, friends and even out of town relatives! More sign up sheets are available at the office and staff will also have them at programs. Be sure to call our office at (619) 525-8247 if you have any questions. Thanks so much for your support!

Name			Ralphs Club #	24
Address			Albertsons #	42
City	State	Zip	Food 4 Less	<input type="checkbox"/> Check here and we will send you a card
Phone # ()		Email		

Mail or fax completed form to: Disabled Services Advisory Council, Inc.

3325 Zoo Drive MS 33 San Diego, CA 92101 FAX (619) 299-9304

SOFTBALL TOURNAMENT

17th annual Softball Tournament for People in Recovery. Bring a co-ed team of nine people or more and play three-pitch softball with a 16" clincher ball. The biggest trophy goes to the team with the most spirit. Call to register; only 20 teams can play. **To guarantee a spot you must send your money into Therapeutic Recreation Services by November 1st.** The tournament will be held at Morley Field, south end of Texas Street.

Sunday, November 13

Cost: \$30.00/team

9:00 a.m.-4:00 p.m.

WINTER DANCE

Join the excitement at the War Memorial Building for dancing and socializing. "Eddie G" will play popular tunes after the Speakers Meeting at 7:00 p.m. Refreshments will be available for sale. This activity is co-sponsored by CRASH Golden Hill House. Cost: \$3.00/advance or \$5.00 at the door

Friday, December 9

7:00 p.m.-11:30 p.m.

ADAPTIVE SPORTS ACTIVITIES

ADAPTIVE SPORTS

Adaptive sports programs (designed for persons with physical disabilities, ages 5 through adult) promote health and fitness by working on increasing cardiovascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in both recreational and competitive environments
Leader: Scott Krause

HANDCYCLING

Join us as we pedal our way through some of San Diego's most beautiful bike trails. Handcycling is a great way to meet people, enjoy fresh air and sunshine, while building strength and endurance. This program is geared for children 8 years to adult, with a physical disability. Cost is \$20.00, covers equipment rental, maintenance, and 6 sessions. Program is free if you have your own handcycle. Call our office for locations and which session you'd like to sign up for.

Saturdays, October 1 (Centennial Park), October 15 (Mission Bay Park), October 29 (De Anza Cove), November 5 (Silver Strand), November 12 (North Crown Point)
(Group I, 8:00-9:30 a.m.; Group II, 9:30-11 a.m.)

US OPEN WHEELCHAIR TENNIS CHAMPIONSHIPS

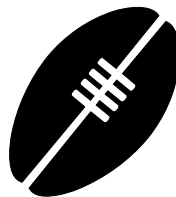
OCTOBER 4-9

8:00 a.m.-5:00 p.m.



The U.S. Open Wheelchair Tennis Championship is the premiere wheelchair tennis tournament in the United States and one of the most prestigious events in the disabled sports world. Over 200 athletes from 20 different countries will gather at the George E. Barnes Family Tennis Center in Point

Loma to compete for the coveted title of U.S. Champion. Spectators are free. Join us at 4490 West Point Loma Blvd. to cheer on these amazing athletes. There will be a **free junior clinic** on Saturday, October 8. Call Therapeutic Recreation Services at (619) 525-8247 for more details.



BEST OF THE WEST QUAD RUGBY TOURNAMENT NOVEMBER 18-20

The best teams from the United States will battle it out to earn the title of champion at this reputable, invitational only, pre-season event. Cheer on hometown favorites San Diego Bushwackers and Sharp Edge as they take on rival teams from across the country. Competition will take place at the Municipal Gymnasium in Balboa Park. Free to spectators!

Leader: Scott Krause

16th ANNUAL BIG BEAR SKI TRIP

JANUARY 2006 (EXACT DATE TBA)

Calling all beginner, intermediate, and advanced skiers, ages 8-adult! You will receive transportation to and from Big Bear, lift ticket, lessons, and equipment. Space is limited and will fill up fast, so sign up early! **REGISTRATION BEGINS NOVEMBER 1.** Cost: TBA

HAMMER PROGRAM



San Diego Hammer program is looking for energetic athletes to play wheelchair sports (basketball, soccer, football). No matter what your level, we have a team that is right for you.

Each new athlete is assessed to determine the best team to fit your physical, cognitive and social needs. Athletes are assigned to a team based on their abilities and the goals of the team. Scholarships are available for those athletes and families who demonstrate a need. Practices are held at Municipal Gymnasium, located in Balboa Park at 2111 West Pan American Road, San Diego, CA 92101. Leaders: Marla Knox and Scott Krause

Call for practice dates and times. Cost: \$10.00/month

**See Calendar Pages (7-9) for
Hammer Practice
and Tournament Dates**

VOLUNTEER PAGE

WE HAVE THE BEST VOLUNTEERS!!!!!!!!!!!!

I know we say it often, but each of you show us by your efforts just how great you are at programs. Thank you to all of the outstanding volunteers who assisted with camps this summer, your efforts assisted several children, teens and adults to participate in new activities, work on social skills, and just have fun! A special thanks to the following groups who provided numerous hours of volunteer service at this years camps, **Pathfinders**, **MADCAPS**, and the **United States Marine Corps** from MCAS Miramar(Hoorah!).

Happy Birthday to all of our October, November and December birthdays!

We need volunteers for the following programs! Reminder: in order to work with youth you must be fingerprint-cleared. Contact Rose Caldwell, 619-236-7756, for more information.

HANDCYCLE PROGRAM

Volunteers need skates, blades or a bike.

Saturday,	8:00 - 11:00 a.m.
October 1	Centennial Park
October 15	Mission Bay Park
October 29	De Anza Cove
November 5	Silver Strand
November 12	North Crown Point Shores

STRIKE FORCE BOWLING LEAGUE

Kearny Mesa Bowl

Saturdays,	12:00 - 3:00 p.m.
October 8, 15, 29	
November 5, 12	
December 10	

KID ZONE (Children 3-12)

Sunday, Oct. 30	Playday at War Memorial
Friday, Nov. 11	San Diego Zoo
Sunday, Nov. 20	Chuck E Cheese
Monday, Dec. 19 -	
Thursday, Dec. 22	Winter Camp

TEEN/YOUNG ADULT (13-18/18-30)

Sunday, Oct. 16	Haunted Trail
Saturday, Oct. 29	Halloween Dance
Friday, Nov. 18	Dave & Busters
Friday, Dec. 9	Shopping
Saturday, Dec. 17	Teddy Bear Holiday Dance



HAMMER SPORTS PROGRAM

The Hammer Adaptive Sports program is looking for volunteers to help coach children with physical disabilities in wheelchair basketball, soccer and rugby. Practices are held twice a week, Wednesday and Saturday, at Municipal Gym in Balboa Park..

SPECIAL EVENT - HOLIDAY CARNIVAL

We need volunteers to help with our annual Holiday Carnival, Saturday, December 5, 8:00 a.m. - 4:00 p.m., at the War Memorial Building in Balboa Park

Please help us recruit outstanding volunteers like yourself. Refer someone to us to volunteer today! Give us your feedback – If you have had a good experience or not so good as a volunteer with our program, WE WANT TO KNOW! Call us today or drop us a line prdsp@sandiego.gov so we have the opportunity to improve.



THE CITY OF SAN DIEGO

Park & Recreation Department
Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

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“We enrich lives through quality parks and programs”

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240

The information in this calendar is available in alternative formats upon request.